

## WHY HAND-CRAFTED GIFTS?

- > Easily personalized for the specific person based on ingredients or scents
- > Healthier and holistic
- > Many of the recipes take only minutes to make
- > Cost less than store-bought items of similar quality (if you could find them)
- > Can be as rustic or sophisticated as you desire!

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## HAND-CRAFTED HOLIDAY GIFTS

As a child, I often worked with my mom to make holiday gifts for family, friends and teachers. In the intervening years, it seems that home-made gifts have lost their appeal. While this isn't all too surprising— with most of us multi-tasking throughout our days, there is precious little time to make dinner, let alone gifts!

I think this year, though, there is reason to reconsider the notion of hand-crafted gifts. ***With almost daily recalls of products and/or food items, this year is THE year to give healthy and holistic hand-crafted items.***

To me, a hand-crafted gift

means so much more— more personal, more thoughtful, not to mention the time spent by the giver to make the item!

So, with this newsletter, I offer you my favorite recipes to make some wonderful gifts for family, friends and others!

I've included some of the easiest recipes as well as helpful hints. The recipes can be made with basic ingredients and typical kitchen equipment.

The recipes may be made as simply or as elaborately as you wish. Often, when pressed for time, I'll use blends I've made in the past rather than try to

create a new one.

- Karen Reilly, RA, NCMT  
owner, OmnEssence LLC



Milk Bath Blend in canning jar with decorative wrapping.

## THE BASICS—EQUIPMENT

To make the following recipes, you need basic kitchen equipment:

Double boiler—or a saucepan with a pyrex glass measuring cup that will fit inside the saucepan.

Measuring cups and spoons

Wooden spoons or chopsticks (I use the handle of the wooden spoon for stirring)

Funnel for pouring (optional)

Jelly jars or larger canning glass jars.

See our Resources section on the last page for potential sources for supplies, etc.

### Use prepared blends!

If making your own essential oil blend is too much, then use your favorite prepared blend in your recipe. Some suggestions:

- **Anti-Infectious** blend in your hand-crafted hand soap
- **Stress Relief Blend**
- **Pain Relief Blend**
- **Compassionate Heart**
- **Wisdom of the Heart**
- **Chakra Blends**
- **Angel Blends**
- **Deep Healing Blend**
- **Irritated Skin Blend**
- **Muscle Pain Relief**
- **Uplifting/Clarifying**
- **Tangerine Teddy Bear**



I love using citrus oils in winter blends—they brighten and refresh the darkest days!

### Make your Own Labels!

Visit [www.avery.com](http://www.avery.com) and download Avery Design Pro for free! By using address labels of different sizes, you can make beautiful labels for your hand-crafted gifts!

## ESSENTIAL OIL BLEND IDEAS

Sometimes, selecting the blend of essential oils can be daunting. Here are some tips on oils based on gender. But, don't hesitate to allow your creative juices to flow!

### For Women:

Certainly, the floral oils make a great option for women: **geranium, lavender, rose, chamomiles, neroli** (or the **petitgrain/neroli** co-distillation), **jasmine** and **ylang** are always

good options. If the scent seems to heavy, add a citrus to lighten the blend: **Clementine**, any of the **oranges**, or **tangerine** blend well with floral scents. I also like to add an herb like **clary sage** to a floral blend—it tends to clarify the scent.

### For Men:

I use **black pepper, sandalwood, atlas cedar, lime, grapefruit, peppermint** and **spearmint** for men's

blends. An earthy resin or root like **benzoin, vetiver, frankincense** or **myrrh** can be a great addition for a 'manly' scent.

### For Children:

Children love the citrus scents: **tangerine, Clementine, mandarin, sweet orange** are great places to begin. You can add a root oil (**ginger, vetiver**) or a floral (**ylang, chamomile, geranium**) depending on gender.

## HAND-CRAFTED LIQUID HAND SOAP

One of easiest recipes to make is hand-crafted hand soap!

### Supplies:

**Unscented castile hand soap** (available at most health food stores or see Resources)

**Essential oil blend** of your choice

**Pump containers** (either 2, 4 or 8 oz) See Resources

1. **Blend essential oils.** I like to use about 5mls (1 teaspoon) of essential oils to 4 oz of liquid soap.
2. **Blend essential oils and liquid soap in a glass measuring cup.**
3. **Test to see if the scent is strong enough.** If needed, add more essential oil blend.
4. **Pour into pump bottle**
5. **Label your hand-crafted hand soap.** (See sidebar for more information on creating your own labels)

## SUGAR/SALT SCRUB

Nothing is more luxurious than a wonderful sugar or salt scrub! And, when you find out how easy they are to make...

### Supplies:

**Carrier oil**—apricot, avocado, sweet almond, rosehip seed or jojoba are good choices.

**Sugar or salt**—I prefer

sugar (superfine) because salt or regular sugar is too coarse for my skin.

**Glass Jar** (jelly jars are great or check the Resources section for other ideas)

**Essential oil blend** (optional)

1. **Use equal amounts of oil and sugar/salt.**

For example: use 1 oz of oil to 1 oz. of sugar or salt.

2. **Place ingredients in glass jar and label.**

### Tips:

I love a simple scrub of apricot oil and superfine sugar—I don't add essential oils because I love the scent of the apricot oil!

## SO-EASY LIP BALM

Who doesn't use lip balm in the winter? I make these by the dozen and have them available as stocking stuffers or as extra gifts in case I forgot anyone!

### Supplies:

**1 tsp Beeswax** (I prefer unbleached beeswax pellets—available at health food stores or see Resources for on-line sources)

**1 tsp Shea nut butter**

**3 tsp Sweet almond** or other carrier oil

**6 drops Essential oils** for flavor

**Lip Balm containers** (See Resources)

In double boiler, heat beeswax, shea nut butter and almond oil until beeswax is melted. Remove from heat. Test consistency by placing a drop of the mixture on a plate and put into refrigerator for a minute. Check the consistency:

if too soft, add more beeswax and re-heat until it has melted. Check again.

If too hard, add more almond oil and re-heat. Check again.

When satisfied with consistency, allow to cool to body temperature and add essential oil. Pour into lip balm containers. Allow to cool for 1 hour. Put on lids and label.

### Lip Balm Tips:

- I don't like shea nut butter—it can get grainy in lower temperatures, so I often substitute **aloe vera butter, mango, avocado, or unfractionated coconut oil**.
- In place of almond oil, I'll use sunflower or safflower oils which are cheaper to use.
- For essential oils, I'll use a citrus (**lemon, lime, tangerine or Clementine**) or mints (**peppermint, spearmint**). **Ginger or cardamom** are great as is **Chocolate Peppermint!** (YUM!)

## HAND/FOOT SALVE

With cold, winter weather approaching, I love to use a deeply healing salve on my hands, feet and elbows. I'll even use it to protect my face when I go out to shovel snow!

### Ingredients:

**3 oz carrier oil**  
**1 oz beeswax**  
**5ml (1 tsp) Essential oil blend**

**Jar** (jelly jars work well)

- Add beeswax to oils in a double boiler. Heat over medium heat until the beeswax has melted. Check for consistency (see lip balm recipe, above).
- Pour into jar. Allow to cool to body temperature. Add essential oil blend and stir.
- Allow to set completely. Seal & Label.

### Tips:

For a pain-relieving salve, I use an ounce of **arnica oil** as part of the 3 oz total and use my **Pain Relief** blend as the essential oil blend.

For an anti-inflammatory salve, I'll use an ounce of **St. John's Wort** oil along with my **Anti-Inflammatory** blend.



Salves are great on wintry days!

## SOLID PERFUME

While the above recipes are very useful, sometimes I love to give something that is pure indulgence and this is IT!

### Ingredients:

**1 tsp oil** (almond, apricot, jojoba, rosehip seed, grapeseed)

**1 ml essential oil blend**

**1 tsp beeswax**

- Melt beeswax in double boiler. When melted, add carrier oil. Add essential oil blend. Check for consistency (see lip balm recipe, above).
- Pour into container. Allow to set 15 minutes. Seal and label.

### Tips:

I love my **Wisdom of the Heart** or **Compassionate Heart Blends** as a solid perfume!

I use the same lip balm containers for solid perfumes, although on occasion, I've found antique perfume boxes that make this an extra-special gift!



Solid perfumes and unguents have been found in ancient Egyptian tombs. Above is a drawing of a myrrh tree from a medieval Arabic text.

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**Resources:**

Most are for larger quantities, so if you'd like to have smaller amounts, call me!  
Below are some the resources we've found on the web:

**Bottles, jars:**

[www.sks-bottle.com](http://www.sks-bottle.com)

[www.acmevial.com](http://www.acmevial.com)

**Beeswax:** [www.stakich.com](http://www.stakich.com)

**Liquid Soaps/Gels:** [www.vermontsoap.com](http://www.vermontsoap.com)

**Butters and other ingredients:**

[www.thesage.com](http://www.thesage.com)—not everything is organic, so choose carefully!

[www.mountainroseherb.com](http://www.mountainroseherb.com)—again, choose carefully!

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[www.omn essence.com](http://www.omn essence.com)

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**MILK BATH BLEND**

This is another recipe that can be completely luxurious!

**Ingredients:**

- 2 cups powdered milk
  - 1/2 cup baking soda
  - 10 ml jojoba or rosehip seed oil
  - 20 drops essential oil blend
1. Mix powdered milk and baking soda together in a large bowl.
  2. Blend essential oils into jojoba or rosehip seed oil.
  3. Combine oils with powdered milk/baking soda blend.
  4. Put into glass jelly jars and seal.

